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REVIEW

A WAY TO NATURAL CHILDBIRTH. By Helen Heardman. Edinburgh : E. & S. Livingstone Ltd. 7s. 6d.

THIS little book sets out clearly and precisely the methods by which the expectant mother may be trained in the practice of relaxation in labour. The author makes the preparatory exercises simple to understand—the book being intended for the use of both mother and physiotherapist.

The procedures adopted are closely in line with the teaching of Dr. Grantly Dick Read, and the reader is impressed with the amount of preparation given to the expectant mother for her labour.

Mrs. Heardman includes statistics on the effect of relaxation in lessening the incidence of abnormalities during and after labour, and a chapter on the views of mothers who have experienced labour by this method.

Whatever our views on this subject may be, this book is well worth study. R. A. E. M.